

2nd Kup Red Belt - Theory Revision

Pattern Name, Moves and Meaning

Name: Hwa Rang

Moves: 29 Movements

Meaning: Hwa Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty around 600 AD. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 Movements refer to the 29th infantry division where Taekwondo developed into maturity.

The Meaning of Red Belt

Danger, cautioning the student to exercise control and warning the opponent to stay away.

Explanation of Closed Ready Stance C

Feet and hands together. Weight 50/50. For 'C', the hands are held in front of you at naval height and are flat, with the first three fingers on the left hand covering the first three fingers on the right hand.

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Korean Translation Theory

Side piercing kick - Yop cha jirugi
Reverse side piercing kick - Bandae yop cha jirugi
Side thrusting kick - Yop cha tulgi
Side pushing kick - Yop cha milgi
Turning kick - Dollyo chagi
Reverse turning kick - Bandae dollyo chagi
Hooking kick - Goro chagi
Reverse hooking kick - Bandae goro chagi
Back kick - Dwit chagi
Downward kick - Naeryo chagi
Twisting kick - Bituro chagi
Vertical kick - Sewo chagi
Pressing kick - Noollo chagi
Inward kick - Anuro chagi
Outward kick - Bakuro chagi

Footsword - Balkal
Reverse foot sword - Balkal dung
Toes - Balkut
Ball of the foot - Ap kumchi
Back sole - Dwit kumchi
Back heel - Dwitchook
Knee - Moorup

Closed ready stance C - Moa Junbi Sogi C
Palm pushing block - Sonbadak miro makgi
Inner forearm side front block - An palmok yopap makgi
Knife hand downward strike - Sonkal naeryo taerigi
Vertical stance knife hand downward strike - Soo jik so sonkal naeryo taerigi
L stance obverse punch - Niunja so baro jirugi
Upward punch - Ollyo jirugi
Sliding - Mikulgi